



Strategies to Enlighten, Engage, and Inspire Healthy Lifestyle Practice

by Cody Stubbe, RN, MSN, DipALCM

Country life



Rural Nebraska with
traditional Midwest foods



Strong family traditions



Cooking traditional foods



Centered around animal products

Learning ways to provide

Following in footsteps





Nursing Career

Surgical Nurse: 8 years

Nursing Instructor: 16 years

Younger and Sicker



Standard American Diet

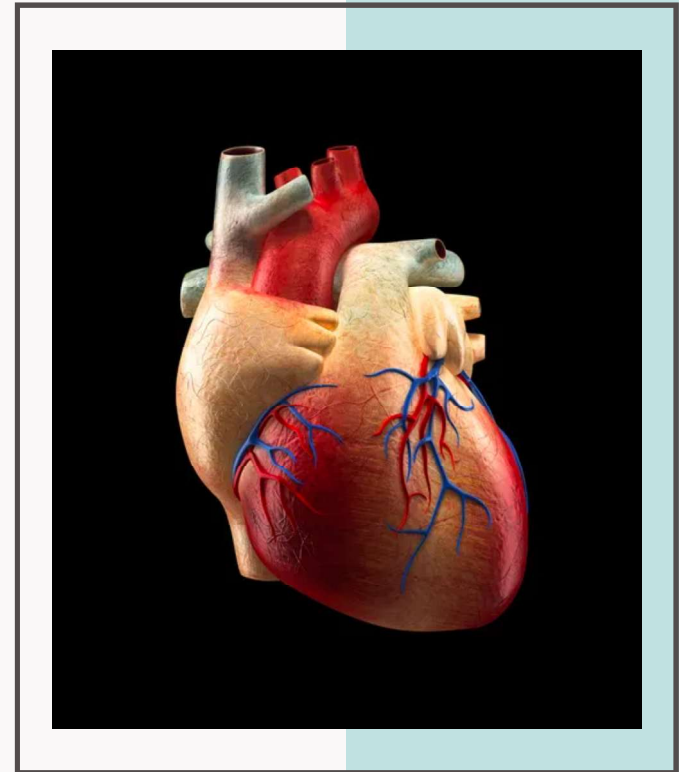
Killing us!



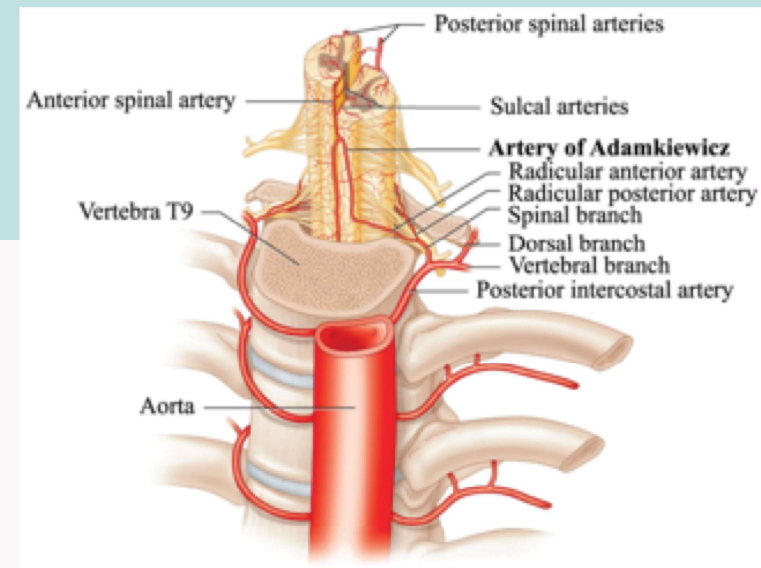
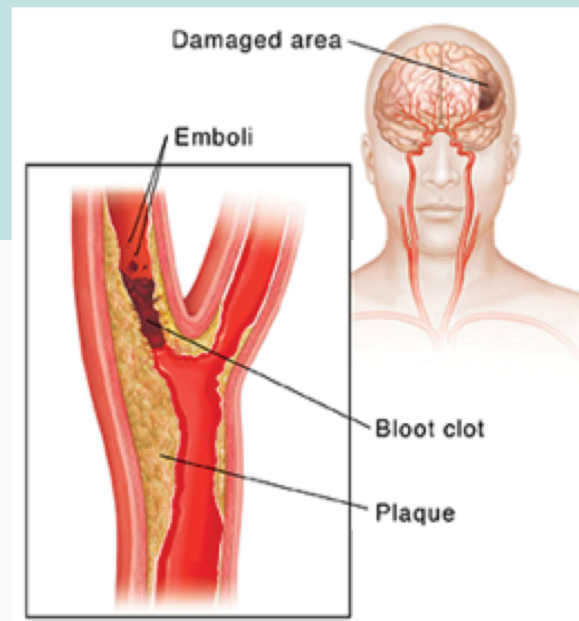
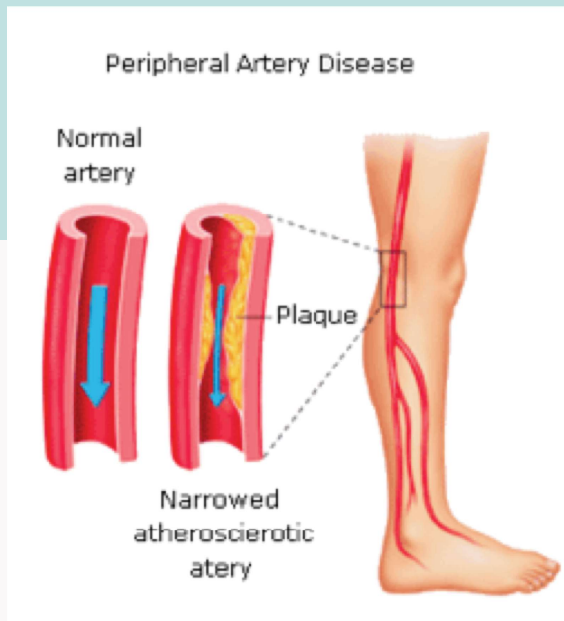
Did you know?

#1 killer

697,000 people died in 2020
1 in every 5 deaths

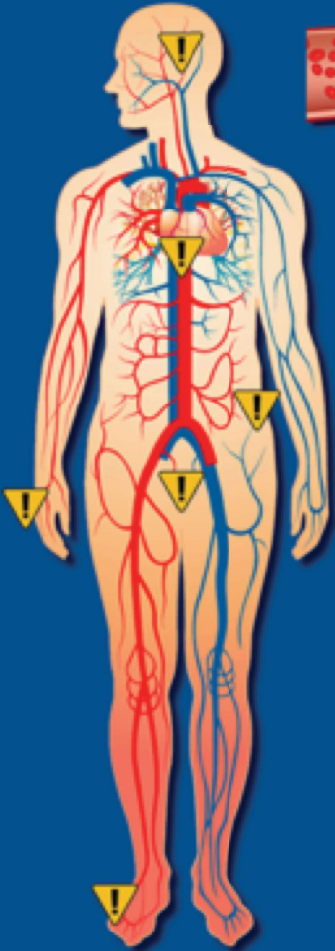


Cardiovascular disease



Plaques form in many areas

The Warning Signs of Clogged Arteries



When cholesterol particles build up in the arteries, they form plaques that narrow the path for blood flow. Narrowed arteries strike all areas of the body and can lead to pain and discomfort and ultimately result in heart attack.

▼ **Stroke:**

Plaque that accumulates in the carotid arteries, which carry blood to the brain, can result in stroke.

▼ **Fatigue and Dizziness:**

Reduced oxygen from poor blood flow can result in dizziness and extreme fatigue, especially in women.

▼ **Shortness of Breath:**

Reduced blood flow can lead to shortness of breath.

▼ **Chest Pain:**

Chest pain, or angina, results from reduced blood flow to the heart. Angina can be felt as pressure, numbness, tightness, squeezing, or burning.

▼ **Lower Back Pain:**

When blood flow to the lower back is reduced, the disks between the vertebrae become fragile, which can result in painful pinched nerves.

▼ **Erectile Dysfunction:**

Narrowed arteries to the genitals can cause sexual dysfunction.

▼ **Painful, Numb, or Cold Hands and Feet:**

Plaque in the arteries leading to the arms and legs can result in painful, numb, and cold extremities.

PhysiciansCommittee
for Responsible Medicine

PCRM.org/HeartHealth

Canary in the coal mine?

Great news!



PhysiciansCommittee
for Responsible Medicine

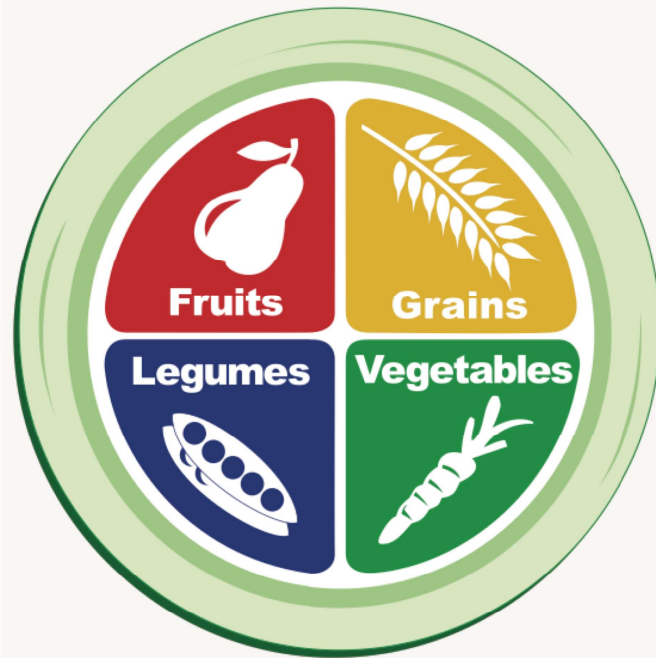
Plant-Based Diets
Reduce Heart
Disease Risk by
40%

Kahleova H, Levin S, Barnard ND. Vegetarian dietary patterns and cardiovascular disease. *Prog Cardiovasc Dis*. Published online May 29, 2018.

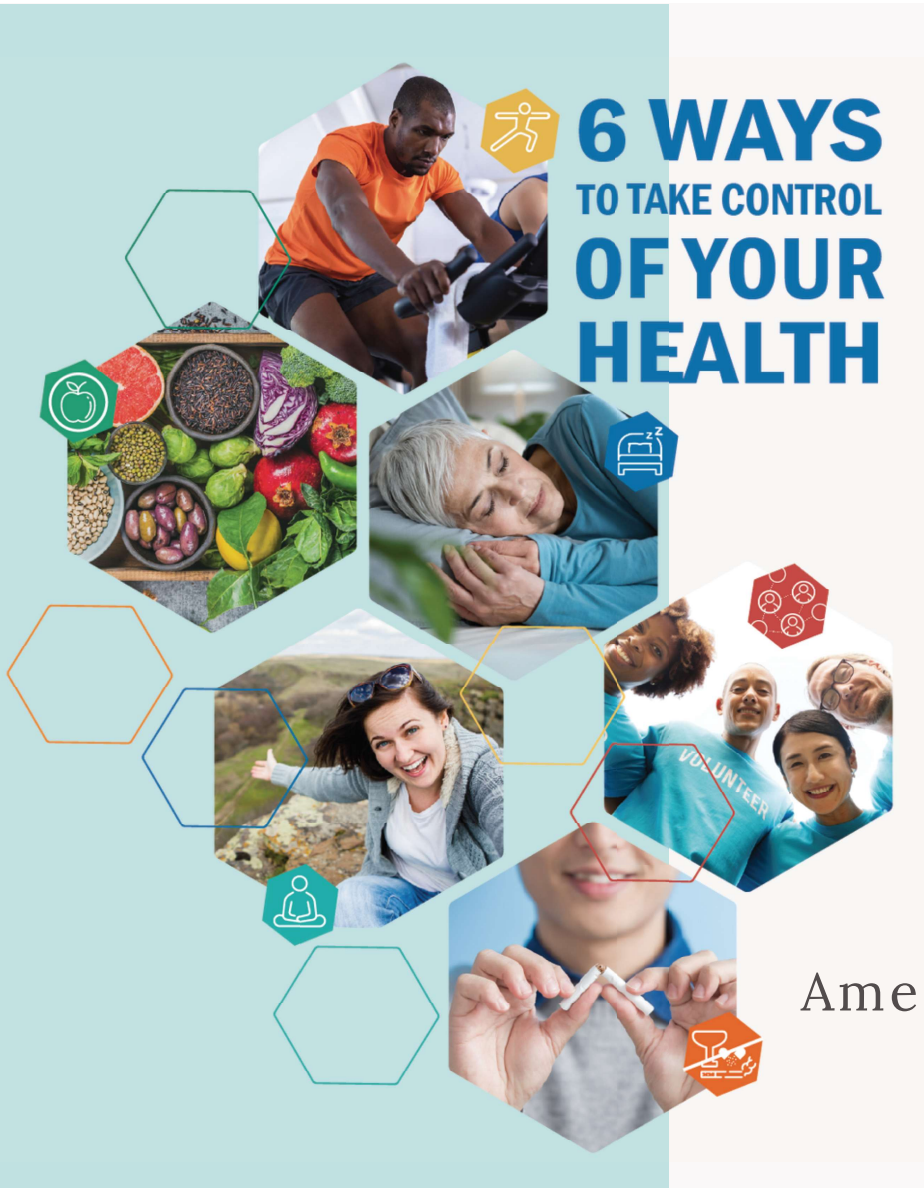
Replace the SAD



Whole Food Plant-Based (WFPB)



Healthy vegan food!



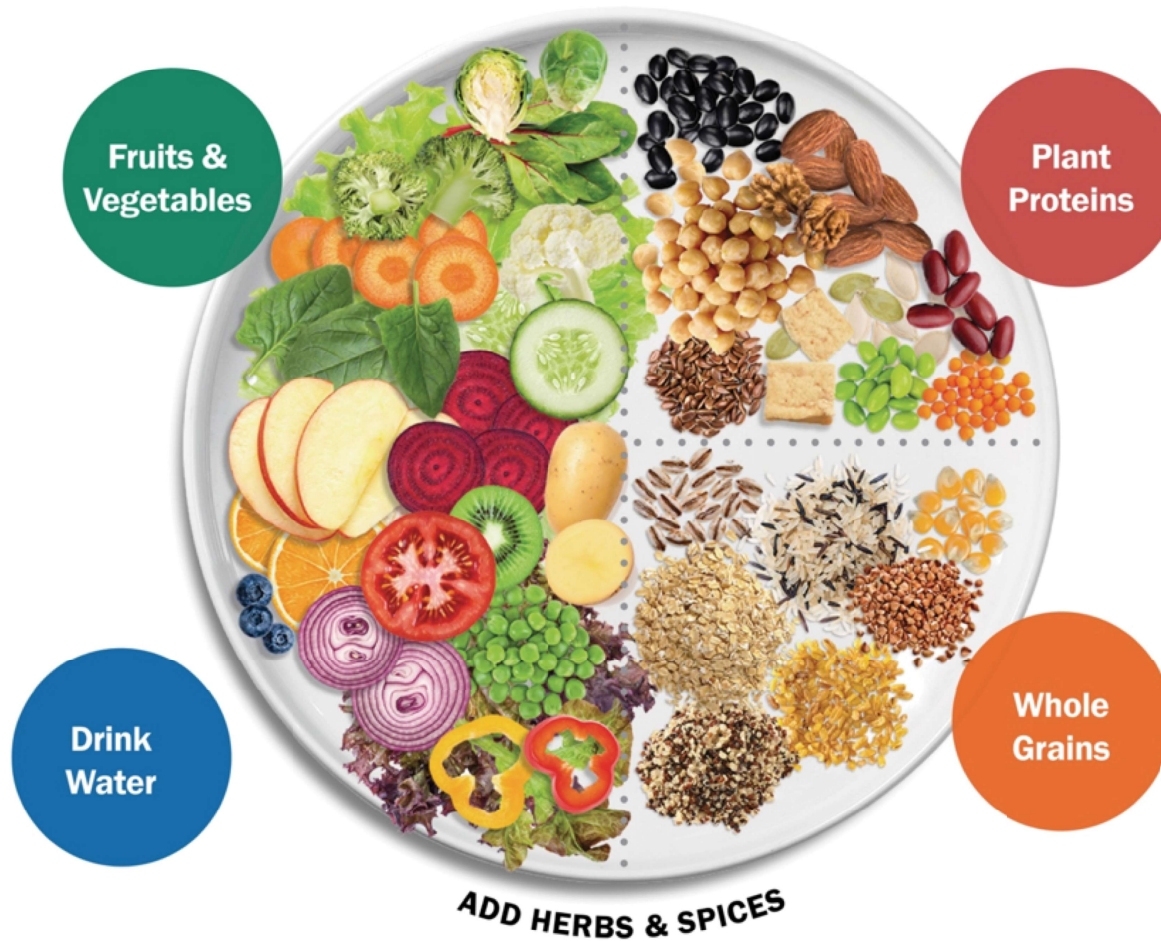
6 Pillars of Lifestyle Medicine

American College of Lifestyle Medicine

A WHOLE FOOD, PLANT-BASED PLATE

Nutrition Prescription for Treating & Reversing Chronic Disease

The American College of Lifestyle Medicine Dietary Lifestyle Position Statement for Treatment and Potential Reversal of Disease: ACLM recommends an eating plan based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.



Exercise



Avoidance of risky substances





Social Connections

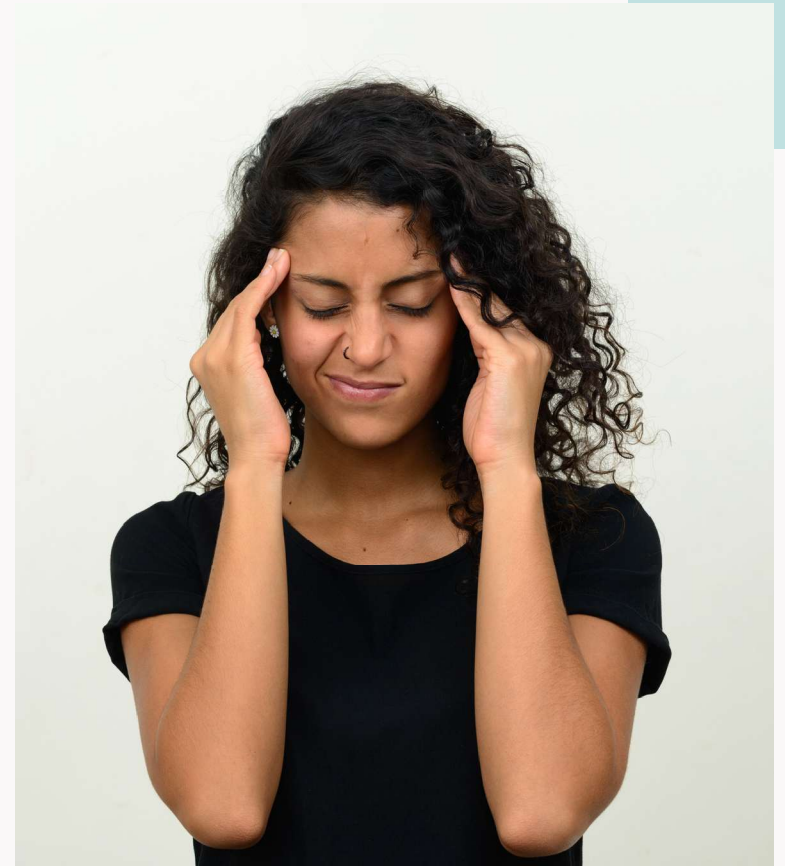


Restorative sleep

7+
hours



Managing stress



Why Would I Want to Change?



My Why





Breaking
Traditions!



Where We Are

- Americans spend more in healthcare than any other country!
- 70% of Americans take at least one prescription medication
- 20% take 5 or more medications
- Children have more health problems
- Nurses are less healthy



Meet people where they are at



Transtheoretical Model of Change





Precontemplation

Contemplation



Preparation



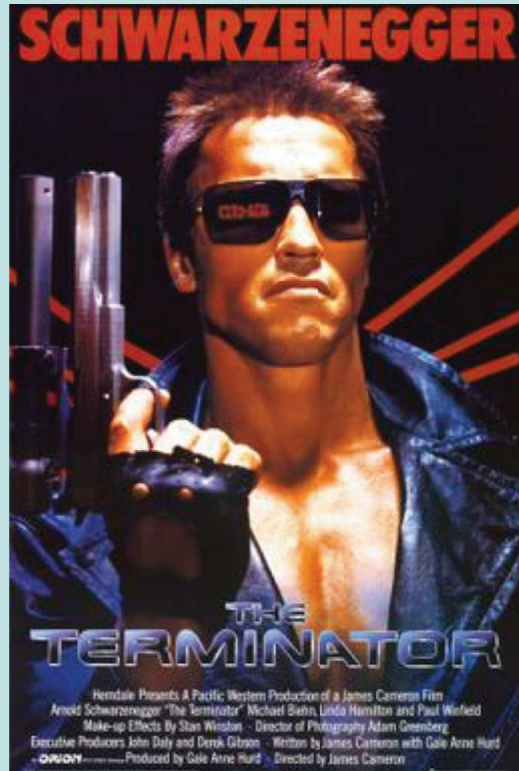
Action





Maintenance





Termination



NEVER GO BACK!

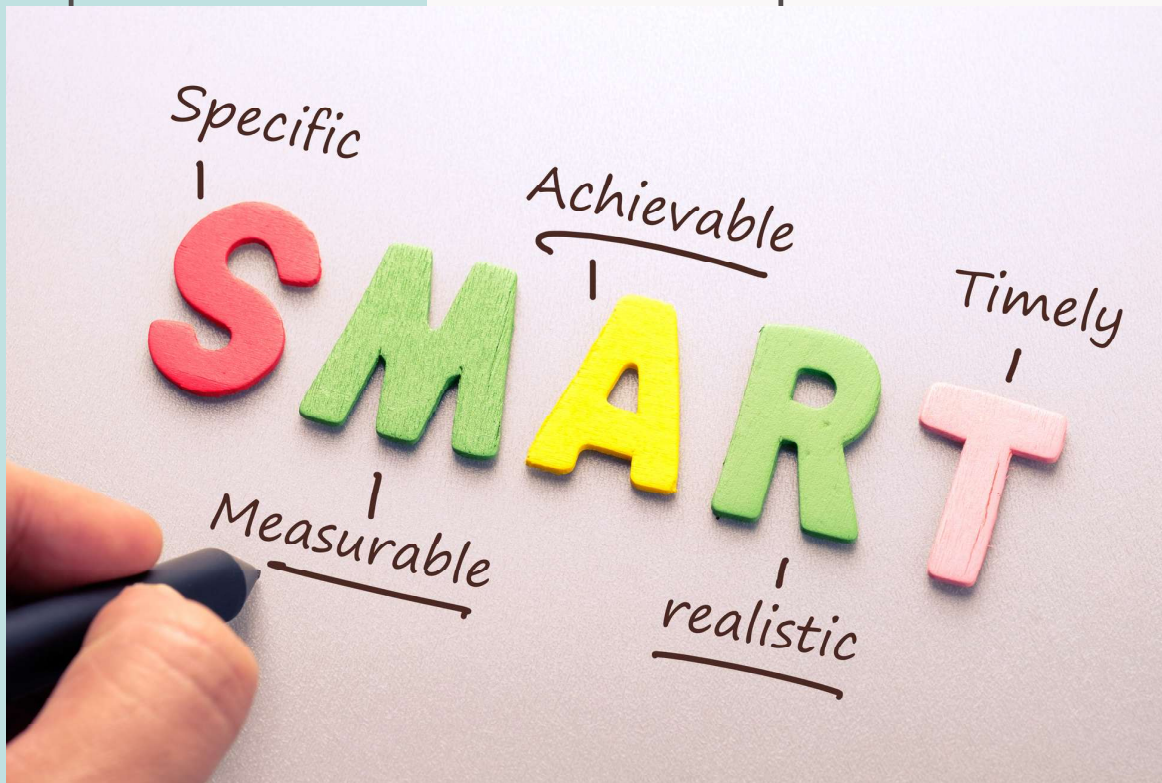
Strategies for success



Finding support



Goals Should Be SMART!



Back up plan



Resources

- pcrm.org (recipes, 21 -day kickstart, Food for Life classes, fact sheets, research, CEUs, The Exam Room - Pod-Cast, Nurse Nutrition Network, ICNM)
- Nutritionfacts.org (research on nutrition)
- Forksoverknives.org (recipes, success stories)
- Center for Nutrition Studies
- ***So Many Cooks in the Kitchen! So Many Kids in the Kitchen!*** (Cooking demos/recipes/nutrition write-up by Brenda Davis, RD)



**Physicians
Committee**
for Responsible Medicine



Rubbing off

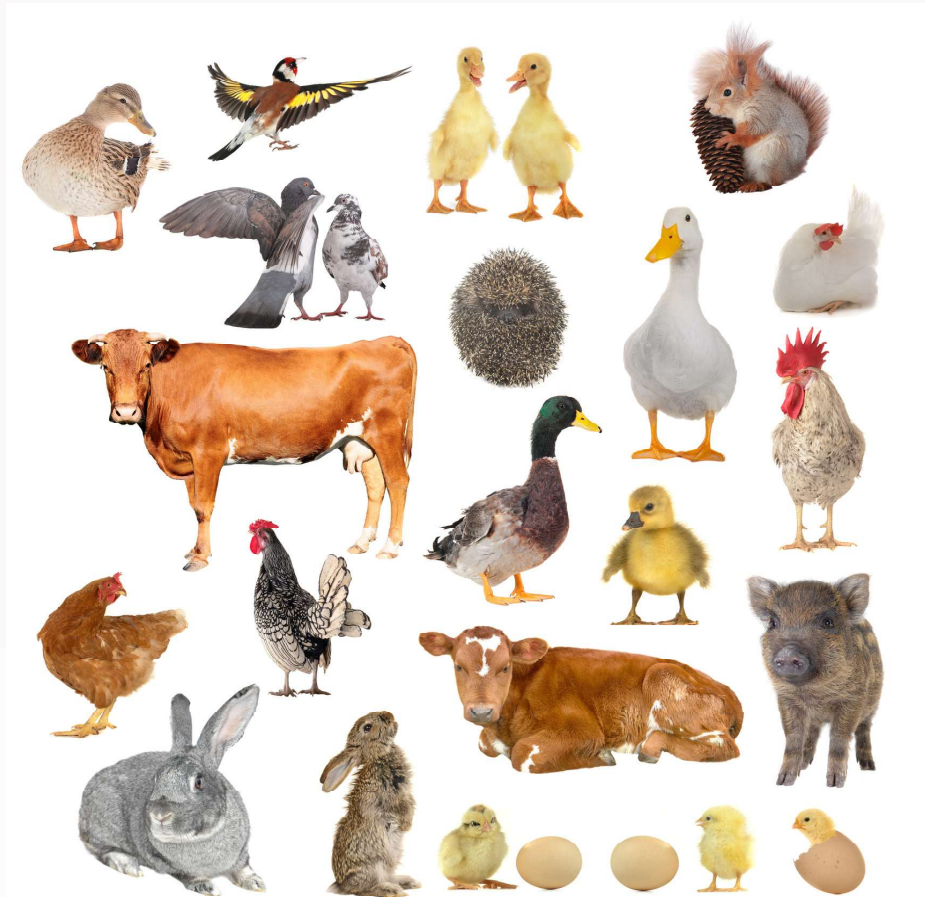
Set an example



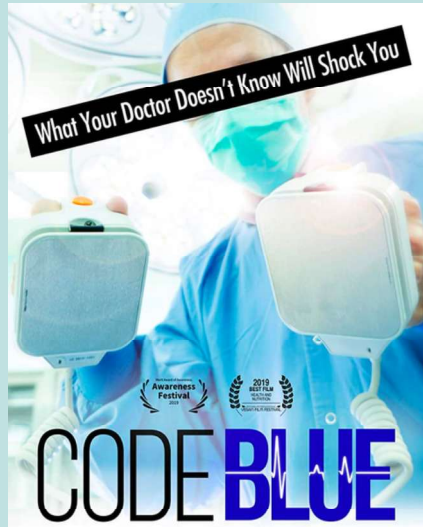
Strategies for workplace or community



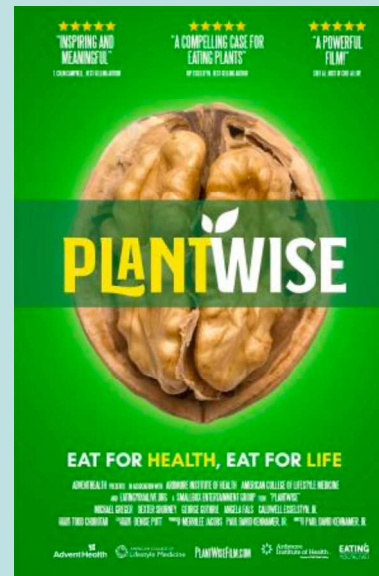
Tap into
others why



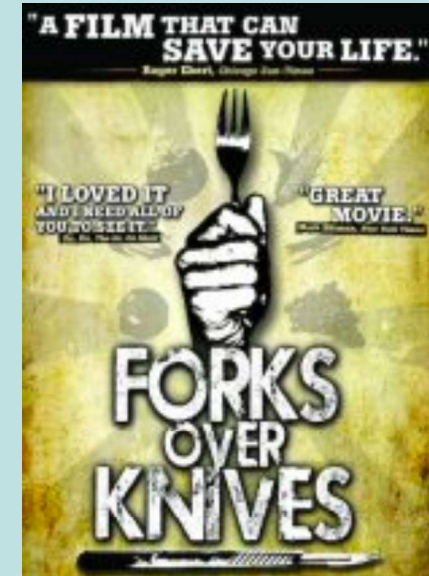
Documentaries



Code Blue



Plantwise



Forks Over Knives

Film screenings



Guest speakers



Dr. Esselstyn

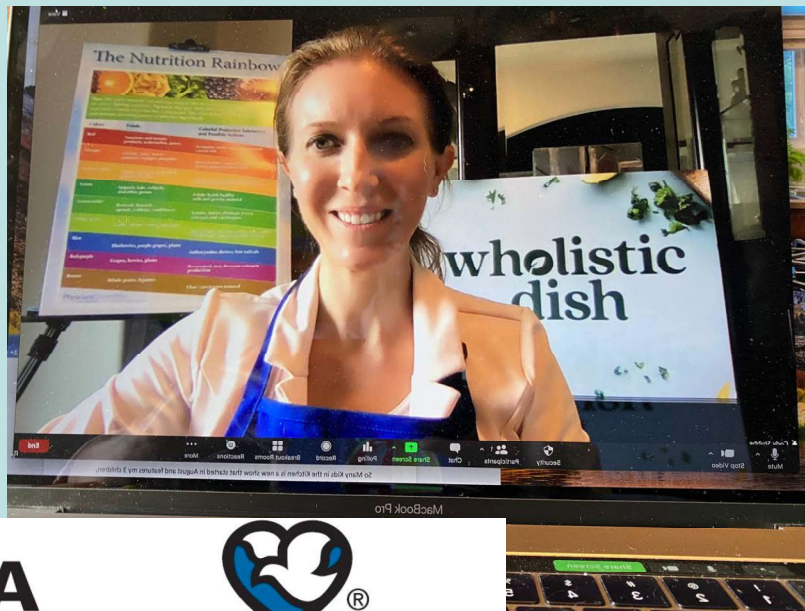


Jane and Ann



Jane

Food for Life classes – online



**NEBRASKA
METHODIST
COLLEGE**



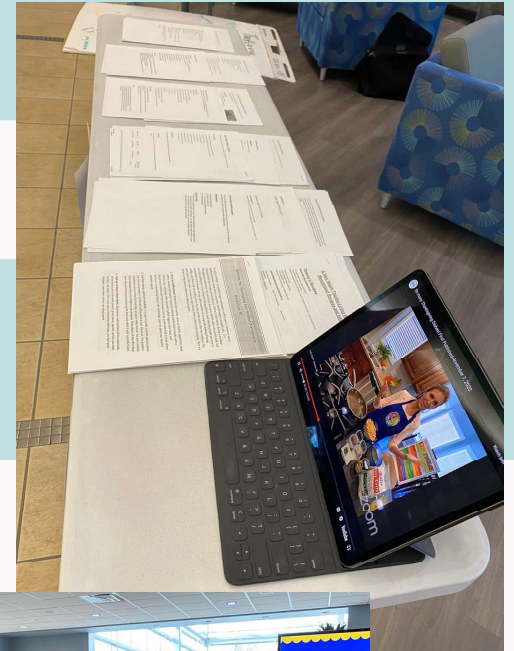


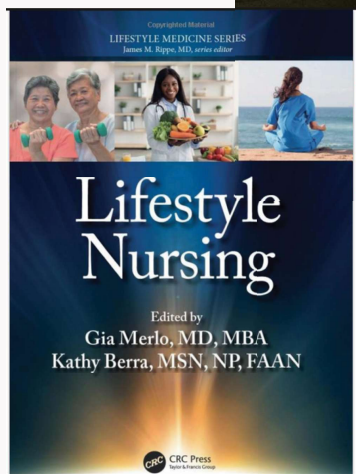
Food for Life classes – in person





Other ideas





Nurses Nutrition Network

Physicians Committee for Responsible Medicine

Universal Meals

Free program

Recipes do not include top allergens and are vegan
WFPB

Thrifty recipes

Tips on how to adapt current offerings to align with
UM guides

Recipe photos

Marketing materials to advertise UM to clientele

<https://www.pcrm.org/universalmeals>



**Physicians
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21 Day Kickstart

Free App

- meal plans
- recipes
- advice from nutrition experts

<https://www.pcrm.org/vegankickstart>



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Healthy Snack Program for Schools

Integrate WFPB nutrition at a young age!
Connect with teachers that value healthy
lifestyles

Focus on increasing plant foods and the
benefits

Bring samples to talk about and then taste



Free online WFPB cooking shows!

So Many Cooks in the Kitchen!

So Many Kids in the Kitchen!

@somanycooks.com

Jane and Ann Esselstyn on YouTube



A promotional graphic for a cooking show. The top left features a circular logo with a scalloped border, containing the text "SO MANY Kids IN THE KITCHEN" in a mix of fonts and colors. To the right is a large, vibrant image of a salad with tomatoes, cucumbers, and lettuce. Below the salad is a circular logo for "FOOD FOR LIFE" with four quadrants labeled "Fruits", "Grains", "Legumes", and "Vegetables". To the right of this logo is the text "FOOD FOR LIFE The Power of Food for Health". In the center, the text "SO MANY KIDS IN THE KITCHEN!" is written in large, bold, white letters. Below this, it says "Streaming Live on SAT., APRIL 24, 2021 1:00 - 2:00 PM (EDT)" and "somanycooks.com/shows". At the bottom, a group of six diverse children wearing chef hats and aprons are smiling. One child is holding a pink bowl of salad, and another is holding a yellow lemon.



Thank you!

Hope to hear from you soon!

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Facebook/Instagram: @wholisticdish



So Many Cooks in the Kitchen



FB@SoManyCooks



IG @SoManyCooksig



Nurses Nutrition Network
Physicians Committee for Responsible Medicine





wholistic dish

**“LET THY FOOD BE THY MEDICINE,
AND THY MEDICINE BE THY FOOD” -HIPPOCRATES**

Contributions

